



2022

Healthfirst Increased Benefits Plan (HMO)

List of Eligible Over-the-Counter
(OTC) Card Purchases





Healthfirst Increased Benefits Plan Eligible OTC Card Purchases

Keep this list handy!
It can help you save
next time you shop.



**\$20/
Month**

allowance with
your
OTC card

An overview of your OTC card benefit

As a Healthfirst Increased Benefits Plan member, you have a total OTC allowance of \$20 per month.

You will receive a Healthfirst OTC card that can be used to purchase approved items such as:



Over-the-counter non-prescription drugs and health-related items

Three ways to buy OTC items with your OTC card:

- 1** Visit participating local retailers in your neighborhood. To find a location near you, go to **otcnetwork.com** or call Member Services at **1-888-260-1010** (TTY 1-888-542-3821), 7 days a week, 8am–8pm (October through March), and Monday to Friday, 8am–8pm (April through September).
- 2** Shop at nationwide retailers such as Walgreens, Walmart, and Rite Aid.
- 3** Buy online at **nationsotc.com/healthfirst** or call **1-877-236-7027** (TTY 711), Monday to Friday, 8am–8pm.

For a full list of eligible items and participating retailers, visit **otcnetwork.com**.

Items you **CAN** buy with your Healthfirst OTC card

COLD AND ALLERGY

Allergy, Sinus, and Combination
Liquids and Tablets*

Asthma Preparations*

Cold and Flu Preventives and
Symptom Reducers*

Cough Drops, Liquids, and
Sore Throat Relief*

Nasal Sprays, Drops, Inhalers,
Moisturizers, and Washes*

Nasal Strips and Snore Relief

Vapor Products
(includes Waterless Vaporizers)

COMPRESSION SUPPORT

Medical Compression Sleeves
and Garments

Men's Support Hose and
Accessories⁺

Women's Support Hose and Accessories
(Full and Maternity, Knee-High,
Thigh-High, and Waist-High)⁺

DIABETES CARE

Urine Testing Strips and Tablets**

DIGESTIVE HEALTH

Acid Controllers and Antacids*

Anti-Diarrheal Liquids and Tablets*

Anti-Gas Products*

Digestive Aids*

Enemas, Laxatives (Suppositories, Liquids, Tablets, and Powders), Stool Softeners, and Kits, etc.*

Fiber Products*

Hemorrhoid Treatments, Wipes, and Washes

Lactose Intolerance Products*

Multi-Symptom and Nausea Products*

EYE AND EAR CARE

Contact Lens Care and Saline Solutions

Dry Eye Relief

Ear Drops and Syringes

Eye Preparations, including Sleep Masks

Eye Wash

FIRST AID

Adhesive and Liquid Bandages

Antibiotic Products

Anti-Itch Treatments (including Hydrocortisone Products), Jock Itch, and Insect Bite Remedies

Antiparasitic Treatments and Accessories (Lice, Roundworms, Tapeworms, etc.)

Antiseptics and Medicated Products (includes Alcohol, Peroxide, Epsom Salt, etc.)

Dressings:⁺

- Alginate
- Collagen
- Foam
- Gauze (includes Pads, Sponges, and Packing)
- Hydrocolloid
- Hydrogel
- Transparent

Finger Cots and Splints

Skin Protectants (including Petroleum Jelly)

Skin Remedies (including Burn and Scar Treatments)

Surgical Bandages and Dressings⁺

Tapes, Wraps, and Compression⁺

Wound Cleansers (including Saline),⁺ Treatments, and Accessories⁺

FOOT CARE

Antifungal Creams, Liquids,
Powders, and Sprays

Corn, Callus, and Bunion Pads

Corn, Callus, and Wart Removers

Foot Pain Relief

Nail Fungus Treatments

HEALTH SUPPORTS and HOME HEALTHCARE

Arm Slings and Cervical Collars

Blood Pressure Kits and Accessories*

Braces:

- Pelvic and Back
- Shoulder and Clavicle

Diagnostic Products
(Home Test Kits)*

Disposable Face Masks

Elastic Bandages

Electric Heating Pads

Food Scales

Hearing Aid Batteries

Hot/Cold Therapy

Joint Warmers and Arthritis Relief

Magnifying Glasses

Protective Guards

Scales

Stethoscopes, Professional
Diagnostics, and Accessories*

Supports:

- Abdominal
- Ankle
- Elbow
- Elbow and Arm
- Foot
- Hand and Wrist
- Hernia
- Knee
- Orthopedic
- Rib (Belts)
- Surgical
- Thigh, Calf,
and Shin

Thermometer, Fever Strips,
and Accessories*

INCONTINENCE

Antifungals

Deodorizers

Disposable Briefs, Underpads,
and Undergarments

Disposable Pads, Shields, Guards,
and Drip Collectors

Incontinence Cleansers and Washes

Incontinence Wipes and Towelettes

Reusable Garments and Underpads

ORAL CARE

Dental Gum

Denture Adhesives, Cleaners,
and Accessories

Denture Repair and Pain Relief
(including Temporary)*

Dry Mouth Products*

Floss and Flossers

Gum Care and Interdental

Oral Pain Relief and Mouth Sores
(including Fluoride Treatments)*

Toothbrushes, Refills, and Accessories

Toothpaste, Tooth Powder, and
Treatments (Regular and Sensitive)

PAIN RELIEF

Acetaminophen*

Aspirin and Combinations*

External Muscle and Joint Pain Relief
Creams, Ointments, Gels, Lotions,
Liquids, Roll-ons, Sprays, Patches,
Pads, and Rubs

Feminine Pain Relief*

Ibuprofen and Other
Anti-Inflammatories*

Nighttime Pain Relief*

Restless Legs Treatments*

Sleep Aids, Sedatives, Stimulants,
and Motion Sickness Products*

Specialty (including Topical
Headache and Fever Relief) (Adult)

SKIN CARE (EXCLUDES PERINEAL)

Acne Medications (including Creams,
Gels, Lotions, Patches, Pads, and Masks)

Acne Soaps, Cleansers, Astringents,
Toners, and Pads

Antifungals

SMOKING DETERRENTS

Nicotine Patches, Gum, etc.*+

SUN CARE

Sun Protection

VITAMINS AND DIETARY SUPPLEMENTS

Covered Alternative Medicines
(Botanicals, Herbals, Probiotics, and
Nutraceuticals)

Heart Health and Essential Fatty Acids (Fish Oil, Flax, GLA, etc.)

Vitamins and Mineral Supplements (Calcium, Iron, Vitamin B, Multivitamins)*

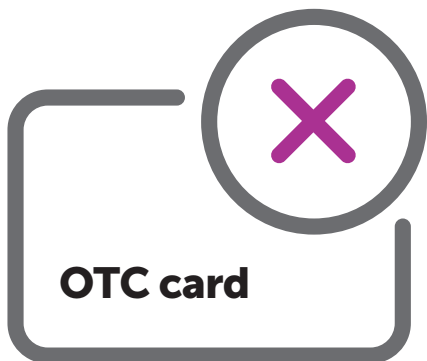
***Dual-Purpose** These are products or medicines you should purchase only on the advice of your physician. They may be available to you or covered under another part of your Medicare or Medicaid coverage. Medicare Advantage plans may offer, as a supplemental benefit, health-related items and medications that are available without a prescription and that are not covered by Medicare Part A, B, or D.

Dual-purpose items may include: vitamins, minerals, supplements, hormone replacements, Chinese medicine, weight loss items, and diagnostic tools like blood pressure monitors.

+In certain situations, items in these categories may be covered under Medicare Part B or D. When an item is covered by Part B or D, you should not use your OTC benefit card to buy it, because it is covered by Medicare and is not part of your supplemental OTC benefit. For example, gauze may be covered under Part B when it is being used, by prescription, to perform surgical wound dressing changes. In these situations, you should present your prescription and your Healthfirst Medicare Plan Member ID card at the pharmacy counter.

Talk to your primary care provider (PCP) about which grocery items you should buy to better manage your health and/or chronic illness.

Items you **CANNOT** buy with your Healthfirst OTC card



Athletic Supports and Caps

Baby Care Medicines, Diapers,
and Formula

Cleansers or Soaps
(except for Acne Use)

Contraceptives

Convenience Items: Foot Insoles,
Gloves

Cosmetic Products of Any Kind

Deodorants

Diabetes Candy

Diabetes Care Accessories⁺

Diuretics

Dry Skin Moisturizers and Lotions

Eyeglasses and Lens Accessories

Feminine Personal Care (Antifungal, Douches, Tampons, and Pads)

Food, Produce, and Beverages

Food Scales

Grooming Devices and Products

Hair Care Products

Homeopathic Kits and Single Remedies

Lip Balm

Orthopedic Aids
(Footwear, Warmers, Boots, and Post-Operative Shoes)

Perfumes

Physical Fitness Equipment

Pregnancy Tests⁺

Prenatal Vitamins

Replacement Items:
– Contact Lens Containers

Shampoo

Teeth-Whitening Products

Toiletries

Weight Control Tablets, Caps, etc.

Weight Loss Cleansing and Detox

+In certain situations, items in these categories may be covered under Medicare Part B or D. When an item is covered by Part B or D, you should not use your OTC benefit card to buy it, because it is covered by Medicare and is not part of your supplemental OTC benefit. For example, gauze may be covered under Part B when it is being used, by prescription, to perform surgical wound dressing changes. In these situations, you should present your prescription and your Healthfirst Medicare Plan Member ID card at the pharmacy counter.

Important

Please remember to bring your Healthfirst OTC card with you when you shop. You cannot use your Healthfirst Member ID card or Medicare card to pay for OTC items.

Shop at participating retailers in person and swipe your OTC card to save.

Unused balances will automatically expire at the end of each month (even if you transfer to another Healthfirst plan with an OTC benefit) or upon disenrollment.

If you have purchased eligible OTC items from a participating retailer and couldn't use your Healthfirst OTC card, you may submit an Over-the-Counter (OTC) Reimbursement Claim Form.

This form is available at **healthfirst.org/otc** or by calling Member Services at **1-888-260-1010** (TTY 1-888-542-3821), 7 days a week, 8am–8pm (October through March), and Monday to Friday, 8am–8pm (April through September).

Your card must be activated and you must follow all instructions on the form to receive reimbursement.

Use your Healthfirst OTC card only on items you buy for yourself—not for family or friends.

The OTC card is not a debit or credit card and cannot be converted to cash, nor can it be used to purchase

Part B or Part D covered prescription drugs. Certain brands may not be eligible at all locations. The list of eligible items may vary from month to month. Items may change, depending on availability. Limitations and restrictions may apply.

OTC items are subject to the plan's list of eligible items and the plan's participating network of retail and online providers.

Coverage is provided by Healthfirst Health Plan, Inc. Plans contain exclusions and limitations.

Healthfirst Health Plan, Inc. offers HMO plans that contract with the Federal Government. Enrollment in Healthfirst Medicare Plan depends on contract renewal.

Healthfirst complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-305-0408 (TTY 1-888-867-4132).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-866-305-0408 (TTY 1-888-542-3821)。



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healthfirst.org/medicare